

2018-2019
Senior-October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 12:00-2:30 Hill Park	1 545-730am Hill park 5:00-6:30 Central	2 4:00-5:30 Hill Park	3 5:45-7:30am Hill Park	4 OFF	5 5:30-7:30 McMaster	6 6:00-8:30 McMaster
7 1:30-3:00 Hill Park	8 THANKSGIVING DAY OFF	9 4:00-5:30 Hill Park	10 5:45-7:30am Hill park	11 OFF	12 5:30-7:30 McMaster	13 HALL OF FAME
14 HALL OF FAME	15 545-730am Hill park 5:00-6:30 Central	16 4:00-5:30 Hill Park	17 5:45-7:30am Hill park	8 OFF	19 5:30-7:30 McMaster	20 6:00-9:00 McMaster
21 1:30-3:00 Hill Park	22 545-730am Hill park 5:00-6:30 Central	23 4:00-5:30 Hill Park	24 5:45-7:30am Hill park	25 OFF	26 5:30-7:30 McMaster	27 6:00-9:00 McMaster
28 8:30-10 am McMaster BANQUET	29 545-730am Hill park 5:00-6:30 Central	30 4:00-5:30 Hill Park	31 5:45-7:30am Hill park	1 OFF	2 5:30-7:30 McMaster	3 6:00-9:00 McMaster

Notes: Coach Carmen Thorburn

2018-2019

Level 4-October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:00-10:00 McMaster	1 5:45-7:30am Hill park	2 6:00-7:30 YWCA	3 5:45-7:30am Hill Park	4 OFF	5 5:30-7:30 McMaster	6 6:00-8:00 McMaster
7 8:00-10:00 McMaster	8 THANKSGIVING DAY OFF	9 6:00-7:30 YWCA	10 5:45-7:30am Hill Park	11 OFF	12 5:30-7:30 McMaster	13 HALL OF FAME
14 HALL OF FAME	15 5:45-7:30am Hill Park	16 6:00-7:30 YWCA	17 5:45-7:30am Hill Park	8 OFF	19 5:30-7:30 McMaster	20 6:00-8:00 McMaster
21 8:00-10:00 McMaster	22 5:45-7:30am Hill Park	23 6:00-7:30 YWCA	24 5:45-7:30am Hill Park	25 OFF	26 5:30-7:30 McMaster	27 6:00-8:00 McMaster
28 8:00-10:00 McMaster BANQUET	29 5:45-7:30am Hill Park	30 6:00-7:30 YWCA	31 5:45-7:30am Hill Park	1 OFF	2 5:30-7:30 McMaster	3 6:00-8:00 McMaster

Note: Coach Susana Escobar

2018-2019

Level 2-3 BLACK - October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 OFF	1 6:00-7:30 am YWCA	2 5:30-7:00 Hill Park	3 5:45-7:30am Hill Park Level 3 Only	4 OFF	5 5:30-7:30 McMaster	6 6:00-8:00 McMaster
7 OFF	8 THANKSGIVING DAY OFF	9 5:30-7:00 Hill Park	10 5:45-7:30am Hill Park Level 3 Only	11 OFF	12 5:30-7:30 McMaster	13 HALL OF FAME
14 HALL OF FAME	15 6:00-7:30 am YWCA	16 5:30-7:00 Hill Park	17 5:45-7:30am Hill Park Level 3 Only	18 OFF	19 5:30-7:30 McMaster	20 6:00-8:00 McMaster
21 OFF	22 6:00-7:30 am YWCA	23 5:30-7:00 Hill Park	24 5:45-7:30am Hill Park Level 3 Only	25 OFF	26 5:30-7:30 McMaster	27 6:00-8:00 McMaster
28 BANQUET	29 6:00-7:30 am YWCA	30 5:30-7:00 Hill Park	31 5:45-7:30am Hill Park Level 3 Only	1 OFF	2 5:30-7:30 McMaster	3 6:00-8:00 McMaster

Notes: Coach Sam Forrester

2018-2019

Junior-October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:00-10:00 McMaster	1 5:45-7:30am Hill Park 5:00-6:30 Central	2 6:00-7:30 YWCA	3 5:45-7:30am Hill Park	4 OFF	5 5:30-7:30 McMaster	6 6:00-8:00 McMaster
7 8:00-10:00 McMaster	8 THANKSGIVING DAY OFF	9 6:00-7:30 YWCA	10 5:45-7:30am Hill Park	11 OFF	12 5:30-7:30 McMaster	13 HALL OF FAME
14 HALL OF FAME	15 5:45-7:30am Hill Park 5:00-6:30 Central	16 6:00-7:30 YWCA	17 5:45-7:30am Hill Park	8 OFF	19 5:30-7:30 McMaster	20 6:00-8:00 McMaster
21 8:00-10:00 McMaster	22 5:45-7:30am Hill Park 5:00-6:30 Central	23 6:00-7:30 YWCA	24 5:45-7:30am Hill Park	25 OFF	26 5:30-7:30 McMaster	27 6:00-8:00 McMaster
28 8:00-10:00 McMaster BANQUET	29 5:45-7:30am Hill park 5:00-6:30 Central	30 6:00-7:30 YWCA	31 5:45-7:30am Hill park	1 OFF	2 5:30-7:30 McMaster	3 6:00-8:00 McMaster

Notes: Coach Susana Escobar

2018-2019

Level 3 Gold-October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:00-10:00 McMaster	1 5:45-7:30am Hill park	2 4:00-5:30 Hill Park	3 5:45-7:30am Hill Park	4 OFF	5 OFF	6 6:00-8:00 McMaster
7 8:00-10:00 McMaster	8 THANKSGIVING DAY OFF	9 4:00-5:30 Hill Park	10 5:45-7:30am Hill Park	11 OFF	12 OFF	13 HALL OF FAME
14 HALL OF FAME	15 5:45-7:30am Hill Park	16 4:00-5:30 Hill Park	17 5:45-7:30am Hill Park	8 OFF	19 OFF	20 6:00-8:00 McMaster
21 8:00-10:00 McMaster	22 5:45-7:30am Hill Park	23 4:00-5:30 Hill Park	24 5:45-7:30am Hill Park	25 OFF	26 OFF	27 6:00-8:00 McMaster
28 8:00-10:00 McMaster BANQUET	29 5:45-7:30am Hill Park	30 4:00-5:30 Hill Park	31 5:45-7:30am Hill Park	1 OFF	2 OFF	3 6:00-8:00 McMaster

Notes: Coach Susana Escobar

2018-2019

Level 2 Gold-October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:00-9:30 Central	1 5:00-6:30 Central	2 OFF	3 6:00-7:30 am YWCA	4 OFF	5 OFF	6 8:00-10:00 Central
7 8:00-9:30 Central	8 THANKSGIVING DAY OFF	9 OFF	10 6:00-7:30 am YWCA	11 OFF	12 OFF	13 HALL OF FAME
14 HALL OF FAME	15 5:00-6:30 Central	16 OFF	17 6:00-7:30 am YWCA	18 OFF	19 OFF	20 8:00-10:00 Central
21 8:00-9:30 Central	22 5:00-6:30 Central	23 OFF	24 6:00-7:30 am YWCA	25 OFF	26 OFF	27 8:00-10:00 Central
28 8:00-9:30 Central BANQUET	29 5:00-6:30 Central	30 OFF	31 6:00-7:30 am YWCA	1 OFF	2 OFF	3 8:00-10:00 Central

Notes: Coach Melanie Price

2018-2019

Hybrid Performance-October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 12:30-2:00 Hill park	1 5:45-7:30am Hill Park	2 4:00-5:30 Hill Park	3 5:45-7:30am Hill Park	4 OFF	5 OFF	6 6:00-7:30 McMaster
7 1:30-3:00 Hill Park	8 THANKSGIVING DAY OFF	9 4:00-5:30 Hill Park	10 5:45-7:30am Hill Park	11 OFF	12 OFF	13 HALL OF FAME
14 HALL OF FAME	15 5:45-7:30am Hill Park	16 4:00-5:30 Hill Park	17 5:45-7:30am Hill Park	8 OFF	19 OFF	20 6:00-7:30 McMaster
21 1:30-3:00 Hill Park	22 5:45-7:30am Hill Park	23 4:00-5:30 Hill Park	24 5:45-7:30am Hill Park	25 OFF	26 OFF	27 6:00-7:30 McMaster
28 8:30-10 am McMaster	29 5:45-7:30am Hill Park	30 4:00-5:30 Hill Park	31 5:45-7:30am Hill park	1 OFF	2 OFF	3 6:00-7:30 McMaster
BANQUET						

Notes: Coach Carmen Thorburn

2018-2019

Level 1 BLACK -October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:30-10:00 McMaster	1 OFF	2 5:30-7:00 Hill Park	3 6:30-8:00 Ryerson	4 OFF	5 OFF	6 OFF
7 12:00-1:30 Hill Park	8 THANKSGIVING DAY OFF	9 5:30-7:00 Hill Park	10 6:30-8:00 Ryerson	11 OFF	12 OFF	13 HALL OF FAME
14 12:00-1:30 Hill Park	15 OFF	16 5:30-7:00 Hill Park	17 6:30-8:00 Ryerson	18 OFF	19 OFF	20 OFF
21 12:00-1:30 Hill Park	22 OFF	23 5:30-7:00 Hill Park	24 6:30-8:00 Ryerson	25 OFF	26 OFF	27 OFF
28 8:30-10 am McMaster BANQUET	29 OFF	30 5:30-7:00 Hill Park	31 OFF HALLOWEEN	1 OFF	2 OFF	3 OFF

Notes: Coach Lisa Hodge

2018-2019

Level 1 GOLD - October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 11:00-12:30 Hill Park	1 OFF	2 4:00-5:30 Hill Park	3 6:00-7:30 <i>Ryerson</i>	4 OFF	5 OFF	6 OFF
7 12:00-1:30 Hill Park	8 THANKSGIVING DAY OFF	9 4:00-5:30 Hill Park	10 6:00-7:30 <i>Ryerson</i>	11 OFF	12 OFF	13 HALL OF FAME
14 12:00-1:30 Hill Park	15 OFF	16 4:00-5:30 Hill Park	17 6:00-7:30 <i>Ryerson</i>	18 OFF	19 OFF	20 OFF
21 12:00-1:30 Hill Park	22 OFF	23 4:00-5:30 Hill Park	24 6:00-7:30 <i>Ryerson</i>	25 OFF	26 OFF	27 OFF
28 8:30-10 am McMaster BANQUET	29 OFF	30 4:00-5:30 Hill Park	31 OFF HALLOWEEN	1 OFF	2 OFF	3 OFF

Notes: Coach Mike Butler